

## Silversneaker Classes

We have brought back Silversneaker Classic and also added a new Silversneaker Stability class. See below for information. Please note, some Medicare recipients qualify to take this class at no charge. Please call Bob Russo at 847-448-8283 to find out if you qualify. There is no charge for Silversneakers members. Registration is Required. These classes will be held virtually

### **Silversneakers Stability – NEW**

Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support. No class July 5.

**Instructor:** Amanda Hart

**Fee:** \$60/\$75

Class#	Dates	Days	Time	Type
524349A1	June 7- Aug 16	M	11:45am-12:45pm	Virtual

### **Silversneakers Yoga**

Silversneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. No class July 7.

**Instructor:** Amanda Hart (W), Barbara Meyer (F)

**Fee:** \$60LM/\$75NM

Class#	Dates	Day	Time	Type
524341A1	June 9- Aug 18	W	9:30-10:30am	Virtual
524341B1	June 11- Aug 13	F	11:45am-12:45pm	Virtual

### **SilverSneakers Classic**

SilverSneakers® Classic You'll have fun and move to music in a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support. No Class July 9.

**Instructor:** Amanda Hart

**Location:** Virtual

**Fee:** 10 sessions: \$60/ \$75NM

Class#	Dates	Days	Time	Type
524302A1	June 11- Aug 20	F	1-2pm	Virtual